

SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
NORTH SIOUX CITY DAKOTA SENIOR MEALS CALL 232-0808 TO RESERVE A MEAL			Oven Omelet, Glazed Carrots, Tossed Salad, Vanilla Ice Cream, Banana CM64	Tomato Soup, Grilled Cheese Sandwich, Spinach Salad, Banana CM83
5	6	7	8	9
LABOR DAY NO MEALS	Kielbasa, Parsley Buttered Potatoes, Mixed Veggies, Baked Acorn Squash, Pineapple Mandarin Orange Compote CO127	Cheeseburger Pie, Baked Sweet Potato, Green Beans, Tossed Salad 34B - CP2	Liver and Onions, Baked Potato, Green Bean Amandine, Crunchy Cranberry Salad CM13	Pork Cutlet, Tossed Salad, Mashed Potatoes, Corn Broccoli Bake, Peaches CM51B - P26
12	13	14	15	16
Meatloaf, Baked Potato, Creamed Peas, Pineapple Tidbits B10	Hamburger w/Ketchup, Mustard, Onion, Sliced Tomato, Lettuce, Baked Beans, Potato Salad, Watermelon CO38	Swiss Steak w/onion & tomatoes, Baked Potato, Oriental Blend Veggies, Fresh Fruit BB16	Taco Casserole, Green Beans, Tossed Salad, Applesauce C11	Chef Salad w/Turkey, Cheese, Egg, Tomato, Peaches, Oatmeal Blueberry Muffin A11
19	20	21	22	23
Baked Chicken Fried Steak, Mashed Potatoes & Milk Gravy, Peas, Apricots, D3	Ground Beef Stroganoff Casserole, Stewed Tomatoes, Cucumbers, Jello w/Pears BB17	Pork Chop w/Apple Cranberry Chutney, Baked Sweet Potato, Green Beans, Tossed Salad, Banana 10-1A - P23	Steak Fajitas, Refried Beans, Veggie & Fruit Cook's Choice	Tuna Salad on a Bun, Tossed Salad, Tomato Slices, Seasonal Fresh Fruit A15
26	27	28	29	30
Beef Noodle Stroganoff, Parslied Carrots, Coleslaw, Mandarin Oranges 57C - BN9	Navy Bean Soup w/shredded Cheese, Acini de Pepe Salad, Strawberries, Saltines CM59B - S46	Chicken Shepard's Pie, Peas, Chinese Coleslaw, Fruit Slush 19-1A - CH33	Hot Pork & Cheese Sauce Sandwich, Potato Rounds, Beets, Peaches AA17	Taco Salad, Peach Fruit Crisp, Vanilla Ice Cream 25-1A - S22
NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.				